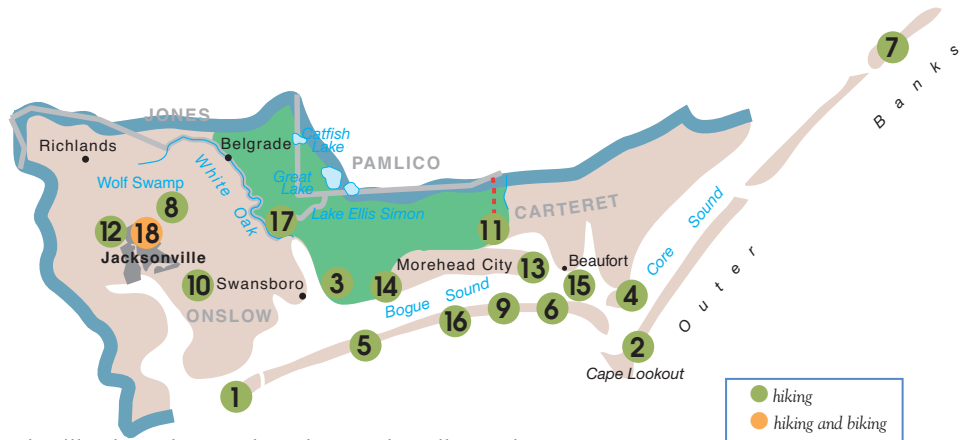


HIKING & BIKING



in the White Oak River Basin



The White Oak River Basin offers many opportunities to enjoy and explore nature through walking, hiking and biking. This list includes places with easy to moderate activity. Many sites include views of streams, rivers, creeks, lakes, wetlands and estuaries.

● **HIKING** ●

1 Bear Island/Hammocks Beach State Park

<http://ils.unc.edu/parkproject/visit/habe/home.html> ● 1,138 acres (33 on mainland, remainder on Bear Island). Access by ferry or boat to walk the beaches on the undeveloped, 3.5-mile-long Bear Island.

2 Cape Lookout National Seashore

<http://www.nps.gov/cal/> ● 56-mile long section of the Outer Banks, including three undeveloped barrier islands (North Core Banks, South Core Banks and Shackleford Banks). Access by ferries or boat.

3 Cedar Point Tideland Trail (Croatan National Forest)

<http://www.cs.unca.edu/nfsnc/recreation/recreate.htm> ● .6-mile loop crosses salt marsh (level and wide enough for wheelchairs) and includes boardwalks; a 1.3-mile loop skirts White Oak River.

4 Core Sound Waterfowl Museum

<http://www.coresound.com/> ● .25-mile nature trail to waterfowl observation blind; wheelchair-accessible.

5 Emerald Isle Woods Park

<http://www.emeraldisle-nc.org/eiprd/wateraccess.htm> ● 41 acres ● 2 miles of nature trails, including .5-mile wheelchair-accessible nature trail with views of Bogue Sound.

6 Fort Macon State Park

<http://www.nps.gov/cal/> ● 389 acres ● .4-mile loop trail through dense shrub thicket and over low sand dunes to the edge of Beaufort Inlet.

7 Hammock Hills Nature Trail

<http://www.nps.gov/caha/faqs.htm#nature> ● .75-mile nature trail through Ocracoke salt marsh and maritime forest; overlook on Pamlico Sound.

8 Hofmann Forest

<http://www.cnr.ncsu.edu/for/facilities/hofmann.html> ● 80,000 acres

9 Hoop Pole Creek Preserve

<http://www.nccoast.org/education/pubed/naturetrail/> ● 31 acres ● .5-mile nature trail through maritime forest.

10 Hubert Bypass Park

<http://co.onslow.nc.us/parks/> ● 41 acres ● .5-mile nature trail; wheelchair-accessible.

11 Neusiok Trail

(shown with red dashed line) <http://www.cs.unca.edu/nfsnc/recreation/recreate.htm> ● 21-mile hiking trail through Croatan National Forest (traverses both the White Oak and Neuse river basins).

12 Oakhurst Nature Park

http://www.co.onslow.nc.us/parks/pk_main.htm ● 253 acres ● New park with trails under development.

13 OWLS Nature Trail

<http://www.owlsonline.org/> ● .5-mile trail passing a duck pond and enclosures for rehabilitated raptors.

14 Patsy Pond Nature Trail (Croatan National Forest)

<http://www.nccoast.org/education/pubed/naturetrail/> ● 2.5 miles of trails through open woods with longleaf pines.

15 Rachel Carson National Estuarine Research Reserve

http://www.ncnerr.org/pubsiteinfo/siteinfo/rachelcarson/rachel_carson.html ● .5-mile interpretive trail on the west side of the reserve highlights the area's native species and special features. The trail meanders through mudflats, uplands and salt marshes, illustrating the various unique environments found in estuarine systems. Access is by boat.

16 Theodore Roosevelt Natural Area

<http://www.ccparksrec.com/> ● .5-mile loop trail through maritime forest (accessible from the N.C. Aquarium at Pine Knoll Shores) and 1.25-mile trail traversing high dune ridges and expansive marsh; wheelchair-accessible boardwalk/overlook has scopes for viewing waterfowl.

17 Weetock Trail

<http://www.ccparksrec.com/> ● 11-mile trail through Croatan National Forest.

● **HIKING and BIKING** ●

18 Jacksonville Parks and Greenways

<http://www.ci.jacksonville.nc.us/opencms/opencms/parksandrec> ● 2 miles of wheelchair-accessible greenways; 24 additional miles under development.

Northeast Creek Park (22 acres) .25-mile waterfront boardwalk; .75-mile nature trail. Woodlands Park (12 acres) .75-mile wooded path.

 = some trails designated as wheelchair accessible

